



Beating the Flu

The Natural Prescription for Surviving
Pandemic Influenza and Bird Flu

J. E. WILLIAMS, O.M.D.

In the most comprehensive book available for anyone who wants to understand the threat of influenza virus infection and survive a pandemic, respected integrative medicine expert J. E. Williams gives five natural prescriptions that could make the difference between life and death.

Beating the Flu advises a sensible approach to immunization and drugs, and teaches the best natural medicines to treat upper respiratory infections caused by influenza viruses. In this book, you will learn how to prevent infection and protect yourself and your family from the ravages of pandemic influenza. Every American should read this book.

- Why influenza is nature's perfect virus.
- What bird flu is and why it's such an ominous disease.
- How to enhance your body's viral immunity.
- Why controlling inflammation is the most important focus of treatment and what natural and prescription medications are the most effective.
- How to outsmart the flu with personal preparedness.
- What the most effective natural medicines are to beat the flu.



Dr. Williams is the author of *Viral Immunity* and *Prolonging Health*, among other books and publications. He has over twenty-five years of clinical experience and has consulted on integrative medicine to medical groups and national hospital systems including Scripps Health and Health South.

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